



# Navy Drug Detection and Deterrence News

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## Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's substance abuse prevention efforts:

1. Every 50 minutes, someone in the U.S. dies in a motor vehicle crash involving alcohol, and both illicit and prescription drugs can also impair your ability to drive safely. December is Navy and Marine Corps Public Health Center's Impaired Driving Prevention Month. Find tips about staying safe on the roads this holiday season at [go.usa.gov/xPPS5](http://go.usa.gov/xPPS5).
2. The holidays are a great time to share meals, memories and merriment. But it's never a good time to share meds. A painkiller or sleep aid from a well-meaning relative could put your career at risk. This holiday season, make sure to safely dispose of unused or expired medications, secure any prescription medications in a safe place and avoid sharing meds. Learn about safe prescription drug use and disposal by watching the Four Steps video at [youtu.be/dndskR7WgmQ](http://youtu.be/dndskR7WgmQ).
3. Alcohol and certain prescription drugs or over-the-counter medications can be a bad combination. If taking any medications, always ask your doctor about potential interactions with alcohol.
4. You may be looking to the new year as an opportunity to start working towards goals of improved health. Make the resolution to quit smoking for yourself and those you care about. Learn tips, find support and get advice at [smokefree.gov](http://smokefree.gov).

## New Prescription for Discharge Video

The Prescription for Discharge campaign has released a new motion graphic video to educate Sailors and their families on the risks of prescription drug misuse and provide resources for proper use and disposal. See it at <https://youtu.be/haooa6Yf17s>.

CDC data show that over 42,000 people died in 2016 of opioid misuse, and 40% of opioid overdose deaths involve a prescription opioid. The Navy is not immune to this national trend. Almost 35% of Navy drug positives are from prescription medications, and more than a third of those involve stimulants or pain meds, exceeding rates for the civilian population.

This epidemic has many causes among both civilians and Sailors, but we can work collectively to change the trend. Education and understanding are key first steps. It is important to take medications as prescribed. Saving some for later or using a drug "off label" to stay alert at work are both examples of misuse that can potentially lead to abuse and end your career.

Protect your health and career by following the Four Steps for responsible prescription drug use:

1. **Take correctly:** Follow your doctor's orders and take prescriptions as instructed. Contact your doctor with questions about the dosage or length of the prescription.
2. **Report promptly:** Ensure that both Navy Medical and your command are aware of your current prescriptions.
3. **Dispose properly:** Safely dispose of unused medication to prevent someone else from using them and to protect the environment. Mix unused medications in a plastic bag with an undesirable substance such as used kitty litter or coffee grounds, and throw the bag in the trash. Cross out personal information on the bottle before discarding it. You can also dispose of unused medications in a prescription drug drop box, available at some Navy Medical Facilities.
4. **Never share:** Finally, never share medications with a shipmate or family member, even if you're experiencing similar symptoms. Sharing medications puts your health and career at risk. If you feel like you need a prescription to manage symptoms, contact your doctor.

Prescription drug misuse is a serious issue but knowing how to correctly take and dispose of prescription drugs will keep you and your shipmates safe. For more information, visit the [Prescription for Discharge](#) web page.



# Navy Drug Detection and Deterrence News

## Boost Energy without Stimulants

*This information is from a post on the Navy Operational Stress Control blog. See the full blog post [here](#).*

Prescription stimulants like Adderall (Dextroamphetamine-Amphetamine) and Ritalin (Methylphenidate) effectively treat diagnosed attention deficit hyperactivity disorder (ADHD) or narcolepsy which causes intense daytime drowsiness. Some people without ADHD or narcolepsy believe that these drugs can create positive results for them. However, a small [study](#) co-conducted by the University of Rhode Island and Brown University found that they may provide temporary improvement of mood and focus among college students but do not appear to improve performance, reading comprehension or short-term memory. Additionally, taking stimulants without a prescription can cause harmful side effects like heart problems, increased blood pressure or stroke.

The following tips can help you safely increase attentiveness, alertness and productivity:

- **Optimize sleep.** The ideal seven to eight hours of uninterrupted sleep per night is not always possible, so squeezing in 30-minute or two-hour naps can alleviate fatigue. Remember that caffeine, large meals, tobacco, alcohol and exercise around bedtime can cause sleep disruption. You can also ask your supervisor about following a [3/9 watchbill](#), which includes three-hour watches with nine hours off between watches.
- **Establish a mindful morning routine.** Incorporating activities that promote balanced energy and focus, like meditation, working out and eating a balanced breakfast can set the stage for your day. Avoid overloading your brain with email or [social media](#) in the morning.
- **Focus on priority tasks and take breaks.** Create your daily to-do list with only especially pressing tasks and focus on those. Getting things done doesn't have to be a marathon, so take breaks. Overworking the brain can make productivity even more challenging.
- **Complete more challenging work before lunch.** Save "busy work" that doesn't require as much creativity or brain power for after lunch when you may feel sluggish. Complete difficult tasks before, when the mind is still fresh.
- **Eat for energy and resilience.** A balanced diet promotes physical, emotional and psychological health. Complex carbohydrates like whole grains or fruit can boost energy, and lean proteins and vegetables can give your [mood](#) a boost. Avoid excess caffeine and caffeinated energy drinks that are high in sugar.

Prescription stimulants are safe for individuals with diagnosed conditions but are harmful when used as a quick fix for an energy or productivity deficit. Learn more about safe use of prescription drugs at [go.usa.gov/xPA69](https://go.usa.gov/xPA69).

## Current and Upcoming Events

### December DDD Webinars

*All webinars are scheduled for 1000-1130 CT and 1700-1830 CT*

12 – Prevention for the Holidays (iFTDTL)

19 – Web DTP & DTP Lite (1700 CT only)

To join, log on at [go.usa.gov/xPPS2](https://go.usa.gov/xPPS2).

### ADAMS for Leaders, DAPA, UPC and Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at [my.navy.mil](https://my.navy.mil).

### NMCPHC Impaired Driving Prevention Month December

Find the toolkit [go.usa.gov/xPPS5](https://go.usa.gov/xPPS5).

### Pearl Harbor Remembrance Day December 7

### Army National Guard's Birthday December 13

## New DDD Informational Videos

Just in time for the holidays, Navy Drug Detection and Deterrence (DDD) has released a series of informational videos highlighting the testing process and the consequences of a positive result.

Step-by-step narration from a Urinalysis Program Coordinator and from the Technical Director of Navy Drug Screening Lab (NDSL) Great Lakes teach viewers about specimen collection and the process through which specimens are received and tested at NDSL. An additional video addresses common drug testing myths, including the belief that poppy seed pastries or secondhand marijuana smoke can cause positive results. Learn about these processes and dispel myths by checking out the new videos on NADAP's YouTube page, available at [youtube.com/NavyNADAP](https://youtube.com/NavyNADAP).

The [Defense Visual Information Distribution Service](#) also hosts new videos from DDD, including videos detailing the potential losses in retirement and other benefits Sailors can expect after separation from the Navy for drug positives and addressing the Navy's policy in states with legalized or decriminalized marijuana. Search for "NADAP" at [dvidshub.net](https://dvidshub.net) to view all of DDD's new informational videos.

